



Principles of Training

Specificity

The specific effect that each type of training has on the body.

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1. Building biceps strength.
 2. Increasing aerobic capacity.
 3. Gaining hamstring flexibility.

Progression

Gradually building up the level of exercise or training to ensure the fitness continues to be developed.

Week 1 Doing 3 sets of 5 bicep curls with 35 lbs.
Week 2 Doing 3 sets of 5 bicep curls with 40 lbs.
Week 3 Doing 3 sets of 5 bicep curls with 45 lbs.

Overload

Making the body work harder than normal, so it adapts to the extra demands and becomes more fit.

Doing a little more weight than you are used to during a weight training routine or running a little farther than you normally do.

Reversibility

The process of losing fitness, soon after stopping exercise or training.

Not exercising when you go on a 2 week vacation can cause you to lose fitness.

Tedium

The possibility of an athlete getting bored during training. Training should be varied to prevent the athlete from becoming unmotivated and losing interest.

Running as your only type of exercise may make you get bored. Add in some cross training to keep your exercise routine fresh and exciting.